

Weekly e-UU Newsletter ~ Friday, June 17, 2022

We acknowledge that our campus is located on traditional, unsundered and unceded Algonquin Anishinaabeg Territory; and that the work of [reconciliation is a responsibility of our congregation](#), and of all Canadians.

Sunday, June 19, 2022

Online AND In Person!

Starts at 10:00am EST



Indigenous Peoples Sunday: Spirituality

Elder Albert Dumont

National Indigenous Peoples Day is on June 21 every year and recognizes the many achievements of the Aboriginal people whose lands our country's borders overlap. This Sunday, we are very pleased to have Elder Albert Dumont, Ottawa's own *English-language Poet Laureate for 2021-2023*, as our guest speaker.

Elder Dumont was chosen for this literary ambassador position for his use of poetry as a spiritual healing tool. He is a well-known and respected Algonquin poet, artist, activist and spiritual guide. He has been deeply shaped by the spirituality of his ancestors and will speak to us on *Spirituality*.

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Hybrid Hospitality Hour

11:30am – 1:00pm

Attending in person? Join us in Fellowship Hall after the service, where we've set up a camera to talk to our friends over Zoom.

Attending online? [CLICK HERE](#) to join our Hybrid Hospitality Hour

Sunday Service Announcements

If you would like an announcement made during the livestreamed Sunday Service, please email the Board of Directors at bod@firstunitarianottawa.ca by Friday at 10am. Do allow for time in case there are questions with regard to the announcement. Also note that announcements may need to be edited for length and that time-sensitive announcements may be prioritized.

Joys and Sorrows

If you would like a stone placed in the water for you during the Joys and Sorrows portion of an upcoming Sunday Service, please email spiritualcare@firstunitarianottawa.ca by Friday at 10am.

Children's Religious Exploration – Sunday at 10am

This Sunday, FirstU Kids will meet with Neo and Rita for outdoor activities AND to plan our garden beds! We may get wet, so dress for the outdoors (and bring spare clothes, just in case)! **See you Sunday morning at FirstU!**

- Anyone above 12 will need to have been vaccinated
- Health checks will be conducted on site, but don't forget to [use the passive screening criteria on Sunday morning](#), to ensure that everyone who wants to attend is able to do so
- If you have any questions please email dre@firstunitarianottawa.ca

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Caring Contacts for June

[Paul McGinnis](#)

[Angela Beale](#)

We are all interconnected, interdependent and minister to each other in many ways. Our monthly Caring Contacts take your phone calls and emails when you wish to alert us to a need or a concern or have a joy to celebrate. We try to ensure no one is forgotten and that appropriate help is provided when requested.

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Read All About It

Sex Education in a Church? OWL Summer Camp registration DEADLINE June 22



Camp Dates: July 4 - 8 (9am-4pm)

\$75 for the week - subsidies available upon request

Two programs, ages 10-11 and 12-14, available

Want to introduce your child to positive, age-appropriate information about healthy sexuality? Not sure where to start? OWL summer camp offers a great opportunity for 10-11 year olds and 12-14 year olds to learn about body image, anti-bullying, consent education, and a lot more. This is an LGBTQ+ positive community.

- **Two spots still available for 12-14 year olds**
- **Four spots still available for 10-11 year olds**

Register by Wednesday, June 22 by emailing owl@firstunitarianottawa.ca to start the registration process.

[More information on OWL Summer Camp is available HERE.](#)

NOTE: Parents and caregivers must attend a mandatory information session.

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Upcoming Events

"A Time of Sharing, A Time of Connection"

Courtyard, Unitarian House

Saturday, June 18 - 1:30pm

FirstU's Truth and Reconciliation Action Group, Unitarian House and **Gilbert Whiteduck**, former chief from Kitigan Zibi Anishinabeg, invite you to recognize National Aboriginal History Month.

Come to his Circle, on June 18, to listen, but most importantly to connect; we all stand together on this sacred land. Gilbert will reflect on Indigenous spirituality, sacred traditions, and on the impacts of historical injustices on the Anishinabeg Algonquin Nation.



Wednesday Evening Mindfulness Meditation

Wednesday, June 22 - 7:30pm

We support our individual and group practice of meditation, sharing perspectives and together intentionally cultivating attitudinal behaviours like beginners' mind, loving kindness, compassion, trust, patience and letting go ~ *all keys to mindfulness*. All are welcome.

[Click for Zoom link to join.](#)



Discussion Circle

Thursday, June 23 - 1pm

Discussion circles are held weekly, with a different topic each week. At our next meeting, we will discuss the topic **"What Is Art?"**

Drop in by clicking on the zoom link, below. We look forward to seeing you! For more information, [email Andrew Drake](#).

[ZOOM LINK](#) Meeting ID: **638 009 136** Password: **897007**

FirstU Trivia Night

Saturday, June 25 - 7pm

Please join us for an evening of trivia on Zoom! Questions are diverse, fun, and taken from several sources. All you need is a pen or pencil, paper and your "thinking cap". Play alone or team up with friends!

For more information, [email Andrew Drake](#).

[ZOOM LINK](#) Meeting ID: **841 2565 4674** Password: **222371**



More Events Happening This Week

Event Name:	Event Time:
Friday, June 17, 2022	
Z-Poetry Group	01:30p - 03:00p
Sunday, June 19, 2022	
Hybrid Worship Service	10:00a - 11:00a
Monday, June 20, 2022	
Ajashki	08:00a - 06:00p
Wednesday, June 22, 2022	
Knitters' Group	01:00p - 03:00p
Z-Mindfulness Meditation	07:00p - 08:30p
Voyageur Men's Group	07:00p - 09:00p
Thursday, June 23, 2022	
Ajashki	08:00a - 06:00p
Z-Virtual Discussion Circle	01:00p - 02:30p
Greeters	04:00p - 05:00p
Friday, June 24, 2022	
Z-Reading for Growth	01:30p - 03:00p
Saturday, June 25, 2022	
Z-Spirituality and Philosophy Group	09:00a - 12:00p
Z-FirstU Trivia Night	07:00p - 08:30p
Sunday, June 26, 2022	
Hybrid Worship Service	10:00a - 11:00a
Z-Mental Health Support and Action Group	01:30p - 03:00p

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Social Justice

Environmental Action Group

Enviro-Bits

Tuesday, June 21, marks the Summer Solstice, the time when the sun reaches its highest point in the sky, climatically the longest day of the year. Spiritually, it is the beginning of a transition from the hard work of springtime action to the nourishment and abundance of summer. It is a time to recognize the ability of the sun's sustaining light to overcome the darkness; [to discern the light within in each of us](#); to find the meaning of our journey even when it seems challenging and uncertain.

Enviro-Action

Celebrate Summer!

Tuesday is first day of summer. Members of the EAG plan to take a short transitional summer break "from environmental action to nourishment" and invite you to join us. In light of this we would like to expand opportunities for environmental reading, listening and watching.

Suggested Action: Look at the books, webinars and podcasts we have suggested in the Personal Enrichment Section on the Climate Action Page. **If you have other suggestions, please forward them to Donna at: bowen.willer@sympatico.ca**

Enviro-Advocacy

New Time Limited Advocacy: Councillor Catherine McKenney's motion for the City of Ottawa to support the global [Fossil Fuel Non-Proliferation Treaty](#) (FFNPT) comes before the Environment Committee on Tuesday June 21. Send a letter to the members of the committee asking them to endorse this motion. (See next page for suggested text).

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News from Our Friends

Circles of Indigenous Worldviews presents:

The Changing of the Earth: Climate Change Initiatives led by First Peoples

Wednesday, June 29 – 7:30 pm on Zoom

Pre-registration required

As a contribution to the learnings and understandings between Indigenous and non-Indigenous peoples, [Initiatives of Change Canada](#) is hosting a conversation with Elder Alvin Manitopyes, a member of the Muskowekwan First Nations in Saskatchewan. [Click HERE to learn more and pre-register for The Changing Earth](#), or [contact Mary Ella Keblusek](#). Initiatives of Change Canada is part of a global network devoted to 'Building Trust Across the World's Divides'.



Unitarian House Presents:

Canada Day Wine and Beer Garden FUNdraiser

Thursday June 30th - 4pm-8pm

Unitarian House invites you to join their summer FUNdraiser! Kick off the Canada Day long weekend with a Backyard BBQ like no other – includes a yummy BBQ Dinner (at 6pm) featuring pulled pork on a bun or grilled veggies on a bun, garden salad, potato salad and ice cream sundaes. Plus, live entertainment by party band Cara Q, raffles, 50/50 draw and a cash bar.

Tickets are \$20 in advance. All proceeds help support Unitarian House of Ottawa's charitable programs.



Clothing Sale at Unitarian House (Rain Date)

Wednesday, June 22 - 2pm

Unitarian House Courtyard (20 Cleary)

The Residents Association of Unitarian House invites you to a clothing sale! Join us on June 22 at 2pm in our Courtyard for a fabulous Women's Summer Clothing Sale, with amazing bargains available to all.



Suggested Text in support of Counsellor McKenney's Motion

NOTE: Members and their contact information can be found here:

<https://ottawa.ca/en/city-hall/council-committees-and-boards/committees-and-boards/environmental-protection-water-and-waste-management>

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To the members of the Environment Committee,

I am a resident of the city of Ottawa and a member of the First Unitarian Congregation of Ottawa. I am writing to you in your capacity as a member of the Standing Committee on Environmental Protection, Water and Waste Management. I want to thank you for all the work your committee has accomplished in guiding Ottawa City Council to declare a climate emergency, develop an action plan, and send a message to the Ontario government supporting a phase-out of gas-fired electricity.

I'm urging you to take further action in decreasing our carbon footprint by supporting Councillor Catherine McKenney's motion on Tuesday June 21, to endorse the global Fossil Fuel Non-Proliferation Treaty (FFNPT). This is a global movement committing nations to phase out fossil fuels and support a just transition. It calls for ending new fossil fuel exploration and expansion, phasing out existing production in line with the global commitment to limit warming to 1.5 degrees C, and accelerating a just and equitable transition to a low-carbon future so no community is left behind.

It is important for local councils to endorse the treaty as motivation for other municipalities to do the same, and to encourage provincial and national governments to accelerate net-zero plans and actions.

So far, the treaty has been endorsed by Burnaby, Toronto, Vancouver and four of its neighbouring cities, as well as 49 cities around the world with Montreal and Victoria the most recent. I am calling on you and your colleagues to make Ottawa the 10th Canadian city to endorse it!

Sincerely,

YOUR Name

YOUR Address

YOUR Phone Number